



CEO INITIATIVE™

CHOOSE WHAT YOU PRACTICE™

From Counter-Value to Proof of Work™

A Counter-Value describes a pattern of behavior. It does not define your identity. Patterns can change when practice changes.

1. WHAT SHOWED UP?

Choose three Counter-Values from the companion sheet that have appeared in your choices or repeated behavior.

1. _____ 2. _____ 3. _____

2. WHAT DID YOU DO?

Describe the behavior. No labels. No excuses. Just what happened.

3. WHAT WERE YOU TRYING TO DO?

What were you trying to get, avoid, protect, prove, control, or respond to at that moment?

- Get something ■ Avoid something ■ Control something ■ React to anger/fear
- Gain respect/status ■ Fit in / belong ■ Protect myself ■ Prove something

4. WHAT DID IT COST?

ME	SOMEONE ELSE	MY RELATIONSHIPS
MY FREEDOM	MY FUTURE	OTHER

5. WHAT DO YOU UNDERSTAND NOW?

What do you see now about the choice, consequence, or pattern that you were not considering then?

6. WHAT DO YOU CHOOSE TO PRACTICE INSTEAD?

Chosen Value: _____ What will people actually see me do differently? _____

7. REPEATED PRACTICE

What will you practice over the next seven days, so the new value becomes visible in your behavior?

8. PROOF OF WORK™

What evidence will show that you practiced what you said you value?

Counter-Value → Choice → Consequence → Consciousness → New Choice → Repeated Practice → Proof of Work™

Your worst decision tells us what you did. It does not get to decide who you become. What you repeatedly practice next matters.